

Chemical Peel Aftercare Instructions

“I regret taking care of my skin”

- Said no one ever

*****FAILURE TO FOLLOW AFTER-CARE INSTRUCTIONS MAY RESULT IN SKIN DAMAGE OR DISAPPOINTING RESULTS*****

THE DAY OF YOUR PEEL

- After your Peel Treatment do NOT wash your face for 2-6 hours.
- You may GENTLY apply a cold compress to the treated area(s) as needed for any burning or irritation associated with your treatment.
- No rigorous exercise for 24 hours.

FIRST 3 DAYS AFTER RECEIVING YOUR CHEMICAL PEEL TREATMENT

- Side effects include but are not limited to mild to extreme redness, temporary tightness, itching, swelling, and dryness of the skin like sunburn or windburn. This will usually subside in 2-3 days. Over-the-counter hydrocortisone may be used if the skin becomes inflamed or irritated.
- You may GENTLY apply a cold compress to the treated area(s) as needed for any burning or irritation associated with your treatment.

FIRST WEEK AFTER RECEIVING YOUR CHEMICAL PEEL TREATMENT

- The peeling may take anywhere from 7-10 days on average or longer depending on internal and external factors such as skin type, age, weather, lifestyle, and hormones. Slight redness and skin sensitivity and flaking can occur as your treatment eliminates dead surface skin cells. Each treatment may vary.
- Your skin may take on a rough, patchy, darkened quality for a few days after this treatment. This is normal and expected and it will resolve on its own. The first areas to peel are usually around the nose and mouth but can begin anywhere. Most people begin peeling on the 3rd or 4th day after treatment. It is also possible to not peel at all. If this occurs, you will still benefit from the treatment because the skin has exfoliated microscopically.

FIRST TWO WEEKS AFTER RECEIVING YOUR CHEMICAL PEEL TREATMENT

- Do NOT use any acidic products such as retinoids or tretinoin, acne medication products such as Retin-A, Tazorac, Renova, Atralin, Ziana, Veltin, Differin, the antibiotic Doxycycline, AHAs (lactic, glycolic, tartaric, etc.), BHAs (salicylic), benzoyl peroxide, vitamin C products, lightening agents such as hydroquinone or any exfoliative products including loofahs or coarse sponges to your skin for 2 weeks after your chemical peel, or more if you notice your skin becomes sensitive to application. These medications and products increase your photosensitivity, which can significantly increase the likelihood of complications.

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TWO WEEKS AFTER RECEIVING YOUR CHEMICAL PEEL TREATMENT (cont'd)

- Make sure to avoid excessive heat in the treated area and direct sun exposure of any kind, as well as tanning beds and self-tanners to the treated areas for 2 weeks after treatment.
- Do NOT tweeze, pick, rub, exfoliate, wax, use a depilatory, undergo electrolysis, or schedule a facial or cosmetic service such as laser resurfacing, or IPL on a treated area(s) for 2 weeks after your treatment. To reduce the risk of scarring, you do not want to remove the dry, rough, dead skin faster than your body wants to.

HOW TO CARE FOR YOUR SKIN POST-PEEL

- **Cleanse Gently:** Your skin may be fragile for 5-7 days. Cleanse your skin with COOL water (hot water will cause inflammation to the skin) using only your fingertips – NO washcloths, loofahs, buff puffs, sponges, Clarisonic, etc. We recommend using ***Elemis Pro-Collagen Naked Cleansing Balm***.
- **Moisturize Often (2-3 times per day minimum):** Letting the skin dry out may cause discomfort. For strong peels, you may use petroleum jelly for the first few days or as needed on sensitive areas that are peeling. When you start to peel, use a non-comedogenic moisturizer such as Cetaphil until the skin feels back to normal. This will promote the healing process by locking in moisture and reducing the chance of a bacterial infection, redness, and irritation. Use these products several times per day or as needed. Topical hydrocortisone may be recommended, depending on your specific needs.
- **Protect Your Skin:** Heat and sun exposure can cause inflammation to the skin. Remember to avoid excessive heat in the treated area and direct sun exposure of any kind, as well as tanning beds and self-tanners to the planned treatment areas for 4 weeks after treatment. If you need to be outdoors, make sure to use an umbrella or wear a large-brimmed hat, a pair of sunglasses, and use sunblock (containing zinc oxide and titanium dioxide), applying every 2 hours. We recommend using ***Elemis Daily Defence Shield SPF 30*** and ***Elemis Sensitive Soothing Milk***. Mixing both products together will provide broad-spectrum protection from both UVA and UVB rays with no chemical sun filters.

Apply 30 minutes before exposure and reapply often (about every 2 hours) when exposed to the sun. Other sunscreen products, with SPF 30 or higher may also be used depending on your specific needs.

Take care of your skin during the recovery process to ensure the best outcome. This includes moisturizing your skin and wearing sunscreen when spending any amount of time outside.

You may see visible results after the first treatment. To achieve lasting and meaningful results you should consider 2 additional chemical peels, spaced 2 weeks apart, supplemented with a skin care regime recommended for your skin type.

Along with your Chemical Peel service, you will receive a take home kit to assist in the aftercare process and allow you to try out some of the best products for keeping your skin in the best possible condition until you are ready for your next Peel service.

Chemical Peel Aftercare Take-Home Kit

The kit contains samples of (1 of each):

- container of Elemis Pro Collagen Naked Cleansing Balm
- pop-top of Elemis Superfood Cica Calm Cleansing Foam
- sachet of Elemis Sensitive Soothing Milk
- container of Elemis Daily Defence Shield SPF 30

Full sizes of each of these products are for sale at my salon. Use the products as follows:

1. Start with the **Elemis Pro Collagen Naked Cleansing Balm**. Using dry hands warm a pea-sized amount between palms and then massage over face, neck and décolleté with light circular massage movements. Remove with warm water or a damp cloth.
2. Next use the **Elemis Superfood Cica Calm Cleansing Foam**. Massage a pea-sized amount into wet skin with fingertips, adding warm water to create a lather. Rinse off and pat dry with a towel.
3. Next use the **Elemis Sensitive Soothing Milk**. Using dry hands warm a pea-sized amount between palms and massage into the face and neck with circular movements. Enjoy the benefits of this calming moisturizer!
4. Finally use the **Elemis Daily Defence Shield SPF 30**. Sweep a pea size amount onto face, neck, and décolleté for extra protection.

